

Statewide Fitness Classes Schedule September 2014



			1	
			First	
	Type of		Session	
Agency Location	Class	Class Meets	Starts	Instructor
Blackstone Conference	General	Tuesdays	ongoing	Bonnie Davis
Center and Retreat	Group	&Thursdays		Enroll at meeting place and time
(coordinated by Military	Exercise	6-7 pm		
Affairs)				
Blackstone Primary	Strength	Mondays &	ongoing	Christy Aviles
School	Training	Wednesdays		434-292-1122
(coordinated by Military		5:30 pm		cjgcrciket@yahoo.com
Piedmont Geriatric	Zumba®	Tuesdays 4:15	ongoing	Christy Aviles
Hospital		- 5:15 &		434-292-1122
		5:20 - 6:20		cjgcrciket@yahoo.com
Diadmont Cariatria	7umha®	Thursday	ongoing	Christy Aviles
	Zuiiiba	-	ongoing	434-292-1122
поѕрітаі				
				cjgcrciket@yahoo.com
•	Zumba®	•	ongoing	Lin Whitley
		4:45 – 5:30		757-576-0267
1700 High Street				<u>Lin.Whitley@yahoo.com</u>
Old City Hall	V = ==	Manday	Ongoing	Dakkia Dham
Old City Hall	Yoga	•	Ongoing	Robbie Rhur
		12.15 – 1pili		Robbie.rhur@dcr.virginia.gov
				Email to register and pay onsite.
James Monroe Bldg.	Yoga	Monday	Ongoing	Manju Joshi
11" Floor – Yoga Room				
		· ·		manjudee@hotmail.com
		12:15-1:10pm		Register and pay on site
				Brina a voaa mat
Main Street Centre	Yoga	Tuesdays	Starts	Bring a yoga mat Maniu Joshi
Main Street Centre 6 th and Main	Yoga	Tuesdays Thursdays	Starts July 15	Bring a yoga mat Manju Joshi
6 th and Main	Yoga	Thursdays	Starts July 15	
6 th and Main 12 th Floor Conference	Yoga			Manju Joshi manjudee@hotmail.com
6 th and Main	Yoga	Thursdays		Manju Joshi
6 th and Main 12 th Floor Conference	Yoga	Thursdays		Manju Joshi manjudee@hotmail.com
6 th and Main 12 th Floor Conference Room Main Street Centre	Yoga Zumba	Thursdays		Manju Joshi manjudee@hotmail.com Register and pay on site
6 th and Main 12 th Floor Conference Room Main Street Centre 6 th and Main		Thursdays 5:15 – 6:15pm	July 15	Manju Joshi manjudee@hotmail.com Register and pay on site
6 th and Main 12 th Floor Conference Room Main Street Centre		Thursdays 5:15 – 6:15pm Mondays	July 15 Starts back	Manju Joshi manjudee@hotmail.com Register and pay on site Bring a yoga mat, blocks, and straps
- -	Blackstone Conference Center and Retreat (coordinated by Military Affairs) Blackstone Primary School (coordinated by Military Piedmont Geriatric Hospital Piedmont Geriatric Hospital Virginia Department of Health District Office 1700 High Street Old City Hall	Blackstone Conference Center and Retreat (coordinated by Military Affairs) Blackstone Primary School (coordinated by Military Piedmont Geriatric Hospital Piedmont Geriatric Hospital Virginia Department of Health District Office 1700 High Street James Monroe Bldg. General Group Exercise Strength Training Zumba® Zumba® Zumba® Yoga	Blackstone Conference Center and Retreat (coordinated by Military Affairs) Blackstone Primary School (coordinated by Military Piedmont Geriatric Hospital Piedm	Blackstone Conference Center and Retreat (coordinated by Military Affairs) Blackstone Primary School (coordinated by Military Piedmont Geriatric Hospital Piedm

				First	
Class		Type of	o	Session	
Location	Agency Location	Class	Class Meets	Starts	Instructor
Richmond	Old City Hall	Core Strength and	Wednesday 12:15 – 1pm	Ongoing	Robbie Rhur
		Yoga Cool	12.15 – 1pm		Robbie.rhur@dcr.virginia.gov
		down			Email to register and pay onsite.
Richmond	Virginia Department of Corrections Central Office	Yoga	Tuesdays 5:00 pm	Ongoing	Sarah Humphries
	Building (6900 Atmore		3.00 pm		804-840-4881
	Drive)				sarah.humphries@verizon.net
					Space is Limited!
Richmond	Jefferson Office Building	General	Tuesday,	Ongoing	Darlene
	(Bank at Governor's St.)	Group	Wednesday,		(register in person for classes, and
	First Floor	Exercise	Thursday 12:15-1pm		pay by the class or by the month)
Richmond	600 E. Main (Main St.	Zumba®	Mondays,	She's Back!	Joni.Baldwin@dss.virginia.gov
1110111110110	Centre) – 12 th Floor		5:15 – 6pm		Register and pay in person
			•		negleter and pay in person
Richmond	James Monroe Bldg. 11 th	Latin (Salsa)	Wednesdays	Ongoing	Angel Rodriguez
	Floor	Dance	, 12:15 – 1pm		Angel.Rodriguez@dgs.virginia.gov
	Special Incentives for	New Dances			Register and pay in Person \$5/class
	men joining the class!				Wear Smooth-Soled Shoes
Richmond	Forensic Science Bldg.	Strength	Thursdays	New	Vance Pittman
		NEW	5pm-6pm	Series	Register and pay in Person
		Cat Titl		New	vpittman12@yahoo.com Wear
		Get Fit!		Trainer	Comfortable clothes – Bring a mat
Richmond	James Monroe Bldg.		Monday	Ongoing	Vance Pittman, Personal Trainer
	11 th Floor	Get Fit!	Tuesdays	- 0 · 0	Register and pay in Person \$5/class
		Strength and	Thursdays		Wear Comfortable clothes
		Core	12:15 – 1pm		Bring a Yoga mat for floor work
			NOW: 5:15 – 6:15PM		Bring a water bottle
		NEW	Tues. & Thurs.		Hand weights, pole weights, steps,
					and balls are provided
Richmond	James Monroe Bldg.	Yoga	Monday	Ongoing	Manju Yoshi
	11 th Floor – Yoga Room		, Tuesdays		Register and pay in Person \$5/class
	Also at Main Street		Wednesdays		Wear Comfortable clothes
	Centre – 12 th Floor,		12:15–1:10pm		Bring a Yoga mat
	Tues. & Thursdays 5:15 – 6:15pm				
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Williamsburg	Eastern State Hospital	Zumba ®	12-1 PM Wednesdays	Ongoing	Contact Paula at
			OR 4-5 PM		runpforest@yahoo.
			(offered twice)		Jensfitness@comcas
					<u>sensitiress@correas</u>